



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Kaiser, Marco

Club: Triathlon Jena e.V.
Number: 118

Course: 5.00 km
n3 5-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 28:08

Speed: 10.66 km/h
Running performance: 5:38 min/km

Rank in course/Total: 31 (of 56)

Rank in course/Men: 26 (of 36)

Best time in course: 19:26

Rank in category: 4(of 5)

Best time in the category: 21:16

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.38	7:25	5:22	4	1:50	32	2:01	1.38	7:25	5:22	4	1:50	32	2:01
Lap 2	2.34	13:31	5:46	4	3:23	25	4:19	3.72	20:56	5:37	4	5:12	28	6:19
Last lap Finish	1.28	7:12	5:37	4	1:43	23	2:23	5.00	28:08	5:37	4	6:52	26	8:42